



24% complete

[Help & information](#)

Here are a number of words that describe different feelings and emotions.

For each item, please indicate to what extent you have felt this way **during the past few weeks**.

Interested



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

Distressed



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

Excited



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

Upset



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

Strong



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

Guilty

auto-scroll is on

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Scared

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Hostile

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Enthusiastic

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Proud

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Irritable

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Alert

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

---

Ashamed

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Inspired

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Nervous

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Determined

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Attentive

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Jittery

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Active

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Very slightly or not  
at all

A little

Moderately

Quite a bit

auto-scroll is on  
Extremely

Afraid



Very slightly or not  
at all



A little



Moderately



Quite a bit



Extremely

+ [add a comment](#)

« Previous

Next page »